



BODY OF EVIDENCE
REAL-LIFE BONES
SOLVES SCIENCE
MYSTERIES {page 3}

OUT OF POCKET
MISSING HALIFAX
SKYDIVER SOUGHT IN
UTAH DESERT {page 4}



ON AGAIN?
JT RUMOURED TO
BE BACK WITH
JESSICA BIEL {page 12}



HALIFAX

metro®

Monday, July 11, 2011
www.metronews.ca



News worth
sharing.

Down to the home stretch

► 4 shipyards expected to make July 21 bid deadline ► N.S. posters emblazon Ottawa

Political stakes are high as Ottawa prepares to pore over bids for \$35 billion in navy shipbuilding contracts that would lift the economic sails of the winning province.

Perhaps no politician has more riding on the outcome than Premier Darrell Dexter, who has lobbied vigorously in an attempt to boost the case for the Irving-owned shipyard in Halifax.

Dexter's efforts to win the lucrative deal began in May, when he launched a campaign so carefully choreographed that it fell on the same day two economic studies were released that sang the praises of Nova Scotia's bid.

His government launched a website and took to Twitter in a way it



rarely has. He has also enlisted the support of his political rivals to win a \$25-billion piece of the pie.

"Politically, it is a smart strategy," said Tom Urbaniak, a political scientist at Cape Breton University. "Even if the shipbuilding contracts are not awarded to Irving ... at least the premier has the consolation prize of having fought the good fight, so to speak." **THE CANADIAN PRESS**



Right. On track

► Krysha Bayley soars through the air on the way to winning the women's long jump at the Aileen Meagher International Track Classic at Huskies Stadium last night. Story, page 16.

RYAN TAPLIN/METRO

Spirits run high at Meagher games

In the swim

Mayor says he's all set to take another dip

► Harbour plunge is an 'annual tradition': Peter Kelly {page 5}

Wild about Harry

Deconstructing Harry's magic spell

► Metro talks to professor about the enduring appeal of Potter {page 11}



LASIK MYTH #3
"LASIK is still too new. There are no long term results."

LASIK FACT
LASIK has more than 20 years of proven results.

Forget the myths... get the facts! Visit www.lasikmd.com/facts



Dr. Chris Jackman
MD, FRCSC

LASER VISION CORRECTION
Starting at
\$490
per eye*

Financing Available

LASIK MD
VISION

FREE Consultation: 1-866-999-0435
All-Laser LASIK Available

HALIFAX
1801 Hollis Street, Suite 400

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Approximate for surgery on both eyes only.

Windows® Life without Walls™ Dell recommends Windows 7.

Summer specials you'll love.

Savings up to \$100 on select systems will start
your summer off right. **You can tell it's Dell.**



The power to do more

Dell™ Inspiron™ 15

Fun. Functional. Affordable.

Starting Price ~~\$529.99~~

\$449.99* Total
Savings \$80*

E-Value™ Code: **33555-C15BP12**

- Intel® Core™ i3-380M Processor
- Genuine Windows® 7 Home Premium
- 3GB Memory*; 320GB* Hard Drive
- Built-in 1.3MP Webcam
- 8X DVD+/-RW* Drive; 6-cell Battery
- Intel® Centrino® Wireless-N 1000 Card

Also available with 4GB Memory*
and a 500GB* Hard Drive for ~~\$479.99~~

Limited quantities. Available while supplies last.



Our most popular systems ship in 48 hours.*

Look for the Ships Fast logo for our most popular systems, and get them shipped within 48 hours (except weekends and holidays). Other restrictions apply.*

Solution Station

We make technology work for you. Solution Station™ is your one-stop destination for expert service and support. We do it all — any brand, any problem. Visit Dell.ca/solutionstation to find out more. Starting from **\$59***.



Dell Inspiron 15R SWITCH

Connect and share in style.

Starting Price ~~\$599.99~~

\$549.99* Total
Savings \$50*

E-Value™ Code: **33555-C15QP12**

As low as: \$16/mo.*

- 2nd Gen Intel® Core™ i3-2310M Processor
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 500GB* Hard Drive
- Integrated Webcam with Microphone
- 8X DVD+/-RW* Drive; 6-cell Battery
- Wireless 802.11n/Bluetooth 3.0 combo Card

Black SWITCH lid comes standard.
Optional SWITCH by Design Studio lids
starting at ~~\$39.99~~.



Dell Inspiron 17R SWITCH

Move over, desktop - this affordable
17.3" laptop has everything you need.

Starting Price ~~\$699.99~~

\$599.99* Total
Savings \$100*

E-Value™ Code: **33555-C17QP12**

As low as: \$17/mo.*

- 2nd Gen Intel® Core™ i3-2310M Processor
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 500GB* Hard Drive
- 8X DVD+/-RW* Drive
- 6-cell Battery

Black SWITCH lid comes standard.
Optional SWITCH by Design Studio lids
starting at ~~\$39.99~~.



Dell Inspiron 620

Improve your view with an
included widescreen monitor.

\$599.99*

E-Value™ Code: **33555-CH62F11**

As low as: \$17/mo.*

- 2nd generation Intel® Core™ i3-2100 Processor
- Genuine Windows® 7 Home Premium
- 6GB* DDR3 Memory*; 1TB* Hard Drive
- 16X DVD+/-RW* Drive
- Dell™ 20" Widescreen Flat Panel Monitor

Upgrade to 8GB of Memory* for ~~\$80~~.



Kodak® PlaySport ZX3 High Definition Waterproof Pocket HD Video Camcorder Bundle with Kodak Case, Floating Strap and 4GB SD Card (Blue)

Starting Price ~~\$199.99~~

\$139.99* Total
Savings: \$60*

SKU: A4983172



Garmin® Nuvi™ 1390/1390T 4.3-Inch Widescreen Bluetooth Portable GPS Navigator with Traffic Alerts

Starting Price ~~\$259.99~~

\$159.99* Total
Savings: \$100*

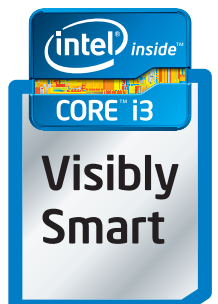
SKU: A4087778

Shop now ▶

Dell.ca/deals or 866-409-7876

Offers valid 7/8 - 7/14/2011, unless otherwise noted.

***48-MONTH INSTALLMENT PLAN ("Plan"):** 48-Month Installment Plan ("Plan") offered through Dell Financial Services Canada Limited ("DFS"), a separate entity, to qualified customers approved by DFS in its sole discretion. Minimum transaction amount of \$499 is required. No down payment required. Monthly payment set out in the ad is based on a Plan interest rate of 13.99% per year and an advance equal to the advertised price for a specific product configuration. Interest rates and monthly payments under the Plan will vary, depending on amount advanced and customer's creditworthiness. Representative example of a Plan: \$999 advanced @ 13.99% per year, \$27.29 monthly payment, total payable is \$1309.92, total cost of borrowing is \$310.92. Terms subject to error and change without notice. Please contact Dell for more details. ***PRICES/ORDERS:** Offers available only in Canada for specified time period. E-value™ codes are locator codes and are not coupon or discount codes. To locate the system with the advertised price please mention or input the E-value™ code. Savings calculated on regular price offered by Dell. Total Value of a bundle equals aggregate of the regular price offered by Dell on individual components; bundle savings represents difference between advertised price of bundle and Total Value. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e. limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. ***PRICES/ORDERS:** Offers available only in Canada for specified time period. E-value™ codes are locator codes and are not coupon or discount codes. To locate the system with the advertised price please mention or input the E-value™ code. Savings calculated on regular price offered by Dell. Total Value of a bundle equals aggregate of the regular price offered by Dell on individual components; bundle savings represents difference between advertised price of bundle and Total Value. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e. limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. **ERRORS:** Prices, offers, configurations and any other information in this material is subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell is not responsible for typographical, photography, pricing, posting or other errors. **SHIPS FAST:** Systems are generally delivered faster than Dell's built-to-order systems. **ORDERS:** Advertised offers are not combinable with any other offers (i.e. limit 1 offer per eligible system). Dell reserves the right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. **AVAILABILITY:** Certain products, configurations, colours and/or patterns may be limited in availability. **CUSTOMER TERMS AND CONDITIONS:** All purchases are subject to Dell's Customer Agree mentor Dell's standard terms of sale. Dell's limited hardware warranty terms and the applicable Dell or third party service agreement. Copies available on request or at: <http://www.dell.ca>. **CD/DVD/BLURAY BURNERS:** Discs burned with this drive may not be compatible with some existing drives and players; using DVD+R media provides maximum compatibility. **GRAPHICS AND SYSTEM MEMORY SDRAM:** Significant system memory may be allocated to support graphics; depending on system memory size and other factors. **HARD DRIVES:** GB means 1 billion bytes and TB equals 1 trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. **LAPTOP WEIGHTS:** Weights vary depending on configuration and manufacturing variability. **INTEL:** Celeron, Intel Inside, Core Inside, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries. **OTHER:** All other trademarks are the property of their respective owners. © 2011 Dell Inc. All rights reserved. The example organizations, products, domain names, e-mail addresses, logos, people, places and events depicted herein are fictitious and no association or connection there with is intended or inferred.



Trade up to a better-looking PC experience with the 2nd generation Intel® Core™ i3 processor. Visibly smart performance starts here.

Job not like CSI: Miami

Forensic anthropology is far, far from as glamorous as portrayed on CSI or Bones.

In fact, the only way those shows touch reality is that characters examine skeletal remains, said Tanya Peckmann, a local forensic anthropologist.

"And that's it," she said.

"We don't wear Prada to a scene, we don't have high heels, we're not allowed to carry guns and we can't arrest people," she added. "We don't look that pretty during the day when we're at scenes and we're just happy if we can get a shower at the end of the night."

She added they don't usually examine a scene at night with their flashlights.

"We like to turn lights on when we go into places."

But there's something called the CSI effect being studied by psychologists at Saint Mary's University that has many real-world effects.

Peckmann said jurors these days expect a whole other level of evidence they see offered on TV shows.

"People are saying, 'Why didn't you get the fingerprints from that rock?' or 'Why weren't you able to get DNA and identify the person?'" she said. "It does affect your job, greatly."

● JENNIFER TAPLIN

"The Bones hologram doesn't exist. We'd love a Bones hologram but we don't have one."

TANYA PECKMANN



► CSI Miami star David Caruso

► Forensic anthropologists called out to about six cases where human remains were found or thought to be found in past year ► Tanya Peckmann's team called in when human remains are decomposed or skeletal



► Forensic anthropologist Tanya Peckmann poses for a photo with a skull cast at Saint Mary's University last week.

Forensic anthropologist Digs deep to solve crimes



JENNIFER TAPLIN
@METRONEWS.CA

About a month ago a human skull — but nothing else — was found in the woods in Upper Sackville by land surveyors.

Enter Tanya Peckmann, forensic anthropologist.

In an interview with Metro, the Saint Mary's University professor confirmed she worked on the case but can't discuss any particulars because it is still being investigated by police.

A RCMP spokesman said there is no update on

the case and officers are still investigating.

But Peckmann can talk about why it's likely only a skull was found, what she's able to tell about a person just from their skull, and how experts on plants and insects are useful in determining the time of death.

"When a body is left in a wooded environment, if it's not buried, or buried in a shallow grave, it's prone to animals," she said. "Animals will smell it and scatter the bones. Coyotes have been known to scatter bones many kilometres away."

A pelvis is the best piece to determine the sex, but Peckmann said there are clues in the skull.

The shape of the facial bones show Asian, white European or black African characteristics, she said. Plus certain bone structure would suggest male or female.

Peckmann said she plugs the data into a computer program which gives a "suggestion of who this individual is," but it can be misleading.



.....
t's hard to say what part of Tanya Peckmann's job is the coolest. To read more, visit metronews.ca/halifax

Timeline

- Time of death is usually very difficult to figure out on skeletal remains.
- Peckmann said experts on plants or insects can help provide a timeline from the leaf litter and bug casings around where the remains were found.

A female rower, for example, would have features on the skull that would resemble a male's because of muscle use.

1
news



Losing a house just the beginning of debt nightmare for Spanish mortgage defaulters.

- 1 Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Should a DUI conviction be enough to keep immigrants out of Canada? Guidy Mamann explores potential costs to our economy at metronews.ca/immigration



Follow us on
Twitter
@metrohalifax

Six saved after fishing boat sinks

Residents of the First Nation community of Eskasoni were expressing relief yesterday after six of the reserve's fishermen were rescued from a sinking vessel off Nova Scotia.

The fully loaded crab vessel Bessie AQQ Wilfred sank about 17 kilometres northeast of Canso after sending a distress signal at 1:30 a.m.

A spokesman for the Halifax search-and-rescue co-ordination centre said the six men on board abandoned the vessel to board their life raft.

Three hours later they were hoisted aboard a rescue helicopter and flown to safety. All the men are uninjured.

Leonard Denny, the chief executive of Crane Cove Fisheries Ltd., said he

Investigation

▶ Leonard Denny, chief executive of Crane Cove Fisheries, said it is unknown why the vessel took on water in relatively calm waters, but he said an investigation will be carried out.

had a sleepless night as he monitored the rescue and stayed in touch with the crew by cellphone.

"I'll tell you right now it's a time for rejoicing and a time for counting our blessings," Denny said in a telephone interview. "I'm deeply moved by how they handled the situation. I'm very happy everyone is all right. It could have been very bad, it could have been very tragic."

THE CANADIAN PRESS

SPECIAL BREW

Beer to honour ex-worker

A Halifax brewery is putting out a special edition of its beer in honour of a former employee who died after being shot on his front porch in Nicaragua.

The father of 40-year-old Colin Allin says his son was sitting at his home in the capital city of Managua when two men drove up to him on a motorcycle.

Ron Allin says that his

son — who most recently lived in Halifax — struggled with the men when they attempted to seize his laptop computer.

He said his son was shot once, and he died in hospital on July 3 from infections related to the wound.

Brian Titus, the owner of Garrison Brewing Company, says he's created a limited-edition Belgian IPA in honour of Colin Allin, and the former employee's name will be on each of the 2,300 to bottles prepared.

The beer will be launched on Wednesday.

THE CANADIAN PRESS

Rough start to weekend

Three people were injured — two seriously — when a truck hit a tree in Dartmouth over the weekend.

The crash happened on Friday night just before midnight.

The pickup truck struck a tree on Pleasant Street near the North Woodside Community Centre.

Halifax Regional Police believe speed and alcohol were factors in the crash.

● METRO

Fatal crash in New Waterford

One man is dead and another injured following a single-vehicle accident in New Waterford early Saturday morning.

Cape Breton Regional Police say a 26-year-old man died at the scene. Another man, aged 22, was taken to Cape Breton Regional Hospital with non-life-threatening injuries. Both are believed to be from the New Waterford area. CAPE BRETON POST

Event. Halifax Jazz Festival



▶ Trumpeter Mike Cowie, backed by his band, The Waterbabies, performs on the main stage during a free show at the Halifax Jazz Festival yesterday. The event continues all week long.

RYAN TAPLIN/METRO

Summer festival a treat for jazz lovers

Paragliders search for missing skydiver

▶ Utah town of about 8,000 people surrounded by desert ▶ Brown's sister unsure whether he wandered into that land or walked into town

Powered paragliders soared over portions of the Utah desert in search of a missing Canadian man over the weekend, but there was no sign of the 37-year-old skydiver.

David Brown, who grew up in Halifax, hasn't been seen since leaving a house in Moab, Utah, on June 29.

Brown, an internationally known skydiver who has won national U.S. championships in his sport, was in Utah working as a skydiving instructor.

His family said he left

HANDOUT/BRIAN BUCKLAND/THE CANADIAN PRESS



▶ David Brown

the house where he was living with no belongings

or identification.

Wendi Tekamp, Brown's younger sister, said two paragliders took off at dawn on Saturday and circled the foothills near the town, swooping as low as 10 metres from the scrubby desert to inspect areas of interest.

Whenever clues were detected the paragliding team from the company Paradrenaline called in police search teams on ATVs.

However, Tekamp said the paragliders found no evidence of the man and

were forced to cease operations in mid-morning as the heat reached levels that made flying unsafe.

They had planned to also be searching yesterday.

As Tekamp prepared to return to Canada, she said it was difficult to go home with no indication of what had become of her brother. Tekamp, who is accompanied by her uncle Jim Burns, of Hampton, N.B., said she spent a week in the area observing the search.

THE CANADIAN PRESS

Energy, environment, trade up for discussion

New England governors and premiers from Eastern Canada are meeting in Halifax to discuss trade, energy and environmental challenges.

The 35th annual conference opened yesterday with a number of informal events on the itinerary, in-

cluding a winery tour and dinner.

The governors and premiers were expected to get down to business today tackling a packed agenda.

Nova Scotia Premier Darrell Dexter, the meeting's co-chairman, said he hoped his Canadian coun-

On the agenda

▶ Among items on the agenda is an update on the proposed Lower Churchill hydroelectric project.

terparts and the governors would use the time together

to strengthen their ties.

"This is one of the oldest and longest-lasting economic and geographic relationships probably anywhere in the world," Dexter said in an interview. "We are neighbours, but we are much more than that."

THE CANADIAN PRESS

RYAN TAPLIN/METRO



► Mayor Peter Kelly splashes around at Black Rock Beach in this file photo from last September.

Summer dip in the cards: Kelly

► Black Rock, Dingle Park are HRM's two harbour-fed beaches ► Both supervised throughout July and August

He hasn't thought much about it yet, but Mayor Peter Kelly said another harbour swim is doable this summer.

In two of the past three summers Kelly has gone for a swim in one of the harbour beaches to prove to residents the water is fine for swimming. He is usually joined by a few residents as several media outlets record the event.

"Probably with a few of the events going on, that would be one of the things that is a must-do during the summer," he said yesterday.

Annual tradition

► Prior to last year's dip, Kelly called the harbour water the "cleanest it has been in decades."

"It's annual tradition."

Kelly wasn't able to don the trunks in 2009 as harbour beaches were closed when the Halifax sewage-treatment plant flooded in January of that year. It was shut down for 17 months and caused \$10.9 million in damage, mostly recovered through insurance.

Last year, Kelly's swim came very late in the season because of rain events and scheduling. The mayor splashed into the harbour waters at Black Rock Beach in Point Pleasant Park on Sept. 1 — the day before kids went back to school.

His first swim was in August 2008, a widely publicized event to prove the sewage treatment was working and the water was safe to take a dip in. Just one week later, however, the same beach was closed down due to elevated levels of fecal coliform. ● METRO

FAILED MENTORSHIP PROGRAM

Province settles with immigrants

Hundreds of immigrants who moved to Nova Scotia and paid into a failed mentorship program each stand to receive up to \$75,000 as part of a tentative settlement agreement reached with the province.

The Office of Immigration pegged the settlement at about \$30 million by the time legal

costs and other expenses are factored in.

The proposed class-action lawsuit was filed in December 2009 on behalf of Peter King, who moved to Halifax from the United Kingdom in April 2006 and paid to participate in the program. New immigrants were supposed to get on-the-job training with an approved mentor company, but a statement of claim alleged that King applied unsuccessfully for a number of jobs until June 2006, when he accepted a position in British Columbia.

THE CANADIAN PRESS

Five dozen charges for drunk driving last month

Police in HRM nabbed 60 people for drinking and driving in June.

Sixty people were charged — 43 men and 17 women — aged between 19 and 56. Police say 30 of the charges stemmed from patrols and nine people were charged after a collision. The rest were called in by concerned citizens.

● METRO

LONG DISTANCE

No Matter Where You Call,
No Matter What Rate You Pay...
We'll Beat It... **GUARANTEED!**



Make long distance calls from your home or cell phone!



3.9 C/min	5.9 C/min	7.9 C/min	1.9 C/min	7.9 C/min	4.9 C/min
Bangladesh	Iran	Lebanon	Romania	Ukraine	Vietnam
Australia 1.9 C/min	Israel 1.9 C/min	South Korea 2.9 C/min			
Bosnia 13.9 C/min	Italy 1.9 C/min	Sri Lanka 9.9 C/min			
China 1.9 C/min	Lebanon 7.9 C/min	Trinidad 4.9 C/min			
Colombia from 3.9 C/min	Mexico from 1.9 C/min	U.A.E. 14.9 C/min			
Cuba 89.9 C/min	Pakistan 5.9 C/min	U.K. 2.9 C/min			
El Salvador 9.9 C/min	Philippines 11.9 C/min	Vietnam 4.9 C/min			
Germany 1.9 C/min	Poland 1.9 C/min	Russia from 1.9 C/min			
India 2.9 C/min	Serbia 7.9 C/min				

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... **GUARANTEED!**

1 Cent To India

1¢ /min



Calling India at only 1 cent per minute. (Land and mobile included).

\$10 1000 minutes -1¢

Unlimited Canada

\$5 /month



Unlimited Calling to Anywhere in

CANADA

Available on your home or cell phone.

1-866-519-8090
comwave
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitor's lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 bundle carries a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. See www.comwave.net for details.



► Southern Sudanese wave flags and cheer at the Republic of South Sudan's first national soccer match in the capital of Juba yesterday.

PETE MULLER/THE ASSOCIATED PRESS

A warning after Juba's jubilation

► South Sudan is expected to become the 193rd country recognized by the United Nations

A day after the jubilation of South Sudan's independence proclamation, the U.S. ambassador to the UN warned yesterday of a "real risk" that the north-south peace process could unravel unless outstanding issues such as oil and border demarcations are quickly resolved.

Celebrations rang out Saturday in the South Sudan capital of Juba, the first day of independence after decades of civil war between Sudan's north and south. Some two million people died in the most recent war, from 1983 to 2005.

Omar al-Bashir

► Two nations. Sudan President Omar al-Bashir, who is wanted for war crimes for his role in the conflict in Sudan's western region of Darfur, attended Saturday's ceremony and appealed for the two nations to work to "overcome the bitterness of the past."

Yesterday, the capital appeared hungover from its massive celebration, though small groups of people still sang and danced on street corners.

The new country's national anthem played from speakers and cellphones.

The joy of independence day temporarily overshadowed the ongoing hostilities between the northern army and southern-allied forces in the northern state of South Kordofan and other violence along the north-south border. The south and north have yet to agree on a demarcated border, and the issue of oil remains contentious. The south has most of the oil but it must move it through the north's pipes.

THE ASSOCIATED PRESS

Activists postpone planned voyage to Gaza

LIONEL CIRONEAU/THE ASSOCIATED PRESS



► Pro-Palestinian activists protest yesterday in front of the Eiffel Tower in Paris.

Canadian activists trying to deliver aid to the blockaded Gaza Strip have decided to put off their voyage for now.

Organizers announced the decision Saturday after the Canadian ship, known as the Tahrir, had been prevented from leaving a port in Greece for several weeks.

Greece has banned vessels heading to the blockaded strip, citing safety concerns.

After inspections and administrative delays, the Canadian ship tried to leave for Gaza last Monday but was quickly turned back to shore by the Greek coast guard.

Organizer David Heap, who was aboard the Tahrir, said he's disappointed the ship wasn't able to bring aid to Gaza.

But the group succeeded

in drawing attention to the conditions there, he said.

"Obviously some individuals are disappointed," he told The Canadian Press in a phone interview from Greece on Saturday.

"But we have had remarkable success ... in getting this issue into the spotlight."

THE CANADIAN PRESS

Harper's take

- 1 The Harper government has remained critical of the flotilla.
- 2 Foreign Minister John Baird has called the mission "provocative" and "unhelpful."
- 3 He has also urged those wishing to deliver humanitarian goods to Gaza to do so through established channels such as the International Committee of the Red Cross/Red Crescent.
- 4 A similar flotilla last year ended in bloodshed, when nine people were killed and 45 were injured after Israeli soldiers boarded a Turkish ship.

Horse put down at Stampede

The Calgary Stampede got off to a rocky start Friday night when a horse had to be euthanized after breaking its leg during the chuckwagon races. "The leg injury was considered a catastrophic injury, so our veterinarian made the decision to euthanize the horse immediately," said Stampede spokesman Doug Fraser.

THE CANADIAN PRESS

Immigrant's bid rejected

The Federal Court of Appeal has rejected an illegal immigrant's bid to have her medical treatments covered under Canada's health-care system, saying it could undermine immigration laws.

The three-judge panel ruled against Nell Toussaint, a Grenadan citizen who came to Canada as a visitor in 1999 and settled in Toronto.

THE CANADIAN PRESS

Man arrested after theatre break-in

Authorities say they have arrested a man on charges of burglary and criminal mischief in connection with a break-in at the New York City theatre where David Letterman tapes his television show.

Police responded to a 911 call of a burglary at the historic Ed Sullivan Theater on Broadway around 7 a.m. yesterday.

THE ASSOCIATED PRESS

MERCER'S BEST BUILT STRUCTURES ANY SIZE, ANY STYLE, WE BUILD THEM ALL

24 x 24 GARAGE \$12,490*

- Complete turnkey garage packages
- Includes foundation, all material and labour
- We handle all permits
- Designed to match your house

TD Financing Services from 6.99% Interest Rate
AUTHORIZED DEALER

482.4767
990 Main St, Dartmouth
bestbuiltstructures.ca

BBB NOVA SCOTIA HOME BUILDERS ASSOCIATION HOME

*not exactly as shown

Child and Youth Care Worker

You'll know what to do.

Graduates of Success College develop the skills and compassion to help children and adolescents who are experiencing personal challenges.

Classes begins in September.
1.800.662.3991
ThinkSuccess.ca

SC Success College
Get Ready.

► Two separate train crashes occur in Northern India yesterday ► Helicopters rush seriously injured passengers to hospitals ► Army engineers join rescue

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS



► An army officer scans the wreckage of the Kalka Mail passenger train near the town of Fatehpur in Uttar Pradesh state, India, yesterday.

More than 30 killed in India train crash

Rescuers searched for survivors in the wreckage of a packed express train that derailed in northern India yesterday afternoon, while officials said a second train derailment hundreds of kilometres to the northeast appeared to have been caused by a remote-controlled bomb.

Rescuers were working to reach the second derailment, which occurred late last night in a rural area of Assam state, injuring at least 100. The two railway incidents did not appear to be related.

In the first crash, the Kalka Mail train was on its way to Kalka, in the foothills of the Himalayas, from Howrah, a station near Kolkata in eastern India, when 12 coaches and the engine jumped the tracks at Malwan station, near the town of Fatehpur in Uttar Pradesh state, senior railway official A.K. Jain said.

The cause of the derailment was not immediately clear, but it appeared that

the driver applied the emergency brakes, Jain said.

At least 31 people were killed and rescue workers pulled at least 100 injured passengers out of the wreckage, said Brij Lal, a state police official.

Hours later, the second train derailed in the northeastern state of Assam, injuring at least 100 people, said S.K. Roy, a local magistrate.

Local police suspect that a remote-control-triggered bomb caused four coaches of the Gauhati-Puri Express to be thrown off the tracks in the town of Rangiya, about 50 kilometres west of the state's capital, Gauhati, Roy said.

S. Hajong, a local railways spokesman, said two of the four coaches plunged into a pond and casualties are feared.

Roy did not blame any rebel group and no one has taken responsibility for the attack so far.

It was the third train accident in India in the last four days. A train hit a bus

"We're trying to cut into the coaches and rescue those still trapped inside."

BRIJ LAL, STATE POLICE OFFICIAL

at an unmanned railway crossing last Thursday, killing 35 people.

In Fatehpur, the accident site was a pile of twisted metal. At least one coach flew above the roof of another ahead of it and was dangling precariously, television footage showed. Another coach was thrown away from the rest of the train.

The toll was likely to rise as rescuers made their way through the coaches and used gas cutters to cut through the mangled metal, Lal said. Rescue efforts continued late into the night.

A senior railway official, H.C. Joshi, told CNN-IBN news channel that rescuers were struggling to free at least five people pinned un-

der the wreckage of one of the worst-damaged coaches.

Medical personnel rushed to the area, about 120 kilometres southeast of Lucknow, the capital of Uttar Pradesh state.

TV stations showed local residents helping injured passengers away from the train, several in makeshift stretchers, and breaking the windows of coaches to help those trapped inside.

Prime Minister Manmohan Singh expressed "deep sorrow and shock" at the loss of lives. The Railways Ministry announced compensation of 500,000 rupees (\$11,000) for the families of those killed in the accident. The number of passengers on board the Kalka Mail was not known.

India's railroad network is one of the largest in the world and carries about 14 million passengers a day. Accidents are common, with most blamed on poor maintenance and human error.

THE ASSOCIATED PRESS

Attention downtown shoppers!

Sidewalk SALE

July 7th to 16th

Join us for plenty
of Fun, Food,
Shops & Services

scotia  square

Downtown at the corner
of Duke and Barrington.

902 429 3660

halifaxdevelopments.com

Plea for aid in 'worst humanitarian disaster'

► Thousands of Somali families are fleeing their drought-stricken home country ► But refugee camps are full, lack adequate food and shelter

► Luul Jeele, 23, holds her one-year-old son Issack Ahmed yesterday as she waits for her father to construct a makeshift shelter for their family, on the outskirts of the Dagahaley camp, outside Dadaab, Kenya. It took the 15-person family of Rage Mohamed five days to make the journey from their drought-stricken home in Somalia. They spent two nights sleeping in the open air under a thorny acacia tree prior to receiving tarps yesterday.

REBECCA BLACKWELL/THE ASSOCIATED PRESS



The head of the UN refugee agency said yesterday that drought-ridden Somalia is the "worst humanitarian disaster" in the world after meeting with refugees who endured unspeakable hardship to reach the world's largest refugee camp.

The Kenyan camp, Dadaab, is overflowing with tens of thousands of newly arrived refugees forced into the camp by the parched landscape in the region where Somalia, Ethiopia and Kenya meet. The World Food Program estimates that 10 million people already need humanitarian aid. The UN Children's Fund estimates that more than 2 million children are

malnourished and in need of lifesaving action.

Antonio Guterres, the head of UNHCR who visited Dadaab yesterday, appealed to the world to supply the "massive support" needed by thousands of refugees showing up at this camp every week. More than 380,000 refugees now live there.

In Dadaab, Guterres spoke with a Somali mother who lost three of her children during a 35-day walk to reach the camp. Guterres said Dadaab holds "the poorest of the poor and the most vulnerable of the vulnerable."

"I became a bit insane after I lost them," said the

"Nothing can compare to what we have seen this month.... I believe Somalia represents the worst humanitarian disaster in the world."

ANTONIO GUTERRES, UNHCR HEAD

mother, Muslima Aden. "I lost them in different times on my way."

Guterres is on a tour of the region to highlight the dire need. On Thursday he was in the Ethiopian camp of Dollo Ado, a camp that is also overflowing.

"The mortality rates we are witnessing are three times the level of emergency ceilings," he said. "The level of malnutrition of the children coming in is 50 per cent. That is enough to explain why a very high level of mortality is inevitable," he said.

Dr. Dejene Kebede, a health officer for UNHCR, said there were 58 deaths in camps in one week alone in June.

Most of the deaths take place at the registration office and transition facilities of the refugee camps in the southeastern Dollo region of Ethiopia, the health officer said.

THE ASSOCIATED PRESS

missing. Two bodies were recovered.

About 30 children gathered in a cockpit in the double-decker Bulgaria moments before it sank into the reservoir on the Volga River, a survivor told the Interfax news agency.

THE ASSOCIATED PRESS

Dozens of children among 101 missing after Russian ferry sinks

A half-century-old tourist boat with 188 people on board listed and sank quickly in one of the world's largest reservoirs amid wind and rain yesterday, authorities and survivors said, and dozens of children were believed to be among the 101 people

750
Emergency teams and divers from neighbouring regions rushed to the site of the tragedy, 750 kilometres east of Moscow.

Afghan training mission still holds danger: Cdn. commander

MURRAY BREWSTER/THE CANADIAN PRESS



► Col. Peter Dawe

Canadian commanders say the army's new training mission in Kabul is not without risk and they are taking stock of the potential threats that face troops.

Their point was underlined by the shooting death of U.S. soldier in a usually placid region of the volatile country over the weekend.

The Canadian mission's deputy commander says the biggest hazard facing Canadian troops in their new role will come from the possibility of some Afghan students going rogue, or an insurgent slipping into their camps. Still,

Col. Peter Dawe says it's a far cry from the daily blizzard of roadside bombs, rockets and ambushes the troops faced in Kandahar in their combat mission, which formally ended last week. THE CANADIAN PRESS

FINAL DOCKING

A historic linkup for NASA

In a flight full of emotion, Atlantis made the final docking in shuttle history yesterday, pulling up at the International Space Station with a year's worth of supplies.

The station's naval bell chimed a salute as Atlantis docked 386 kilometres above the Pacific.

"Atlantis arriving," called out space station astronaut Ronald Garan Jr. "Welcome to the International Space Station for the last time."

"And it's great to be here," replied shuttle commander Christopher Ferguson.

It's the final docking to a space station ever by a NASA shuttle. Atlantis is being retired after this flight, the last of the 30-year shuttle program.

This was the 46th docking by a space shuttle to a space station.

THE ASSOCIATED PRESS

U.S. flight diverted after threat found

A United Airlines flight from San Francisco to Frankfurt, Germany, was diverted to Chicago after a threat was found in a bathroom. United spokesman Charles Hobart says in an email that Flight 926 landed at O'Hare International Airport about 1 a.m. yesterday. The plane was searched, cleared and allowed to continue on to Germany. Hobart says a crew member found a sticker with a threatening message in a bathroom and the plane was diverted "in an abundance of caution." THE ASSOCIATED PRESS

Quebec mulls own long-gun registry

The Quebec government is considering having its own long-gun registry if Ottawa goes ahead and scraps the current program.

Public Security Minister Robert Dutil tells The Canadian Press that civil servants are mulling a so-called "Plan B" in case the Conservative government ditches the registry.

But Dutil says the priority remains convincing the Tories that the registry should be kept alive. The Tories outlined a plan in last month's throne speech to kill the 16-year-old program. THE CANADIAN PRESS

Paper expires but scandal will not die

► Emails and memos reportedly show News of the World executives knew more about phone hacking than they let on ► Murdoch's BSkyB bid imperilled as the News Corp. CEO goes into damage-control mode

Rupert Murdoch touched down in London yesterday to take charge of his media empire's phone-hacking crisis as his News of the World published its last edition.

But the scrapping of the 168-year-old tabloid has not tempered British anger over improprieties by journalists working for Murdoch, and his \$19-billion US deal to take full control of satellite broadcaster British Sky Broadcasting remains in jeopardy.

The 80-year-old News Corp. CEO was seen reading the paper's last issue in a Range Rover as he was driven to the east London offices of his U.K. division, News International.

The drama has expanded at breakneck pace after allegations News of the World journalists paid po-

Cross words

► Some of the 200 journalists laid off from the News of the World appeared to sneak a message into the paper to Rebekah Brooks, who was editor-in-chief when the tabloid committed some of the worst ethical lapses, but has kept her job.

► Clues in one crossword puzzle included "Brook," "stink," "catastrophe" and "criminal enterprise."

► A second crossword contained the hints "string of recordings" and what many interpreted to be a direct jab at Brooks: "Woman stares wildly at calamity." The answer to that clue? "Disaster."

lice for information and hacked into the voicemails of young murder victims and the grieving families of dead soldiers. Three people have been arrested, including Conservative Prime Minister David Cameron's former communications chief.

The Guardian newspaper reported yesterday that emails and memos from 2007 only recently turned over to police show News International was aware that phone hacking was more widespread than publicly acknowledged.

The scandal could bring down the coalition government. Yesterday, Nick Clegg, leader of the Liberal Democrats, threatened to split the coalition by siding with a Labour plan to block Murdoch's takeover of BSkyB. **THE ASSOCIATED PRESS**



Worker bees' labour needs to be quantified, biologist says

They toil from the day they're born till the day they die — without pension plans, overtime pay or collective bargaining rights — to produce 87 per cent of North America's food.

Now Concordia University biologist Melanie McCavour wants recognition of the economic value of work done by bees and other crop-pollinating creatures.

Estimates of the value of global annual agricultural production provided by natural crop-pollinators are in the neighbourhood of \$250 billion. Assigning a monetary value to pollination is the first step in establishing a protocol for protecting pollinators. The logic goes that if people realize the labour value of worker bees, bats, birds, beetles and butterflies, policy-makers will develop better environmental and agricultural policies.

Any alternative to natural pollinators — such as having untold numbers of humans manually spread pollen with paintbrushes and Q-tips — would be economically unfeasible, not to

mention physically implausible.

"We're asking for a study to determine the exact dollar amount of these pollinators to our economy," said McCavour, who presented the issue to the North American Commission for Environmental Co-operation last month in Mon-

tréal.

With a decline in bee populations, McCavour called for major changes in agriculture practices.

"We are overworking the (honey) bees so badly," McCavour said. "They're out on the road from February until the fall."

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
- 34.3 (13,371.7)	- 0.22¢ (104.09¢ US)	- \$2.47 (\$96.20 US)	1,000 cu ft \$4.14 US (+ 1¢) Gold contract \$1,541.60 US (+ 11)

NEED MONEY?
✓ No credit checks
✓ Fast approvals
Call 1-866-499-5629
And get cash now!!
www.mynextpay.com

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

NEED PAVING?

WE'RE READY TO ROLL.

**ALL WORK GUARANTEED
FREE ESTIMATES**

- Residential and commercial
- Asphalt paving
- Asphalt Curb and sidewalk
- Driveways, walkways and parking lots
- Serving HRM and surrounding areas for over 30 years

HRM
Contracting Ltd.

902.468.8995

780 Windmill Rd, Suite 102
Burnside

**SAVE THE TAX
EVENT**

BEST TO MAKE A GOOD FIRST IMPRESSION

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



It began in 2003 with the Hamm government's rightful recognition of our ticking demographic time bomb.

In order to defuse it, Nova Scotia desperately needed to attract more immigrants who would root themselves, their businesses and their families here.

But the fast-track solution spawned by those best of self-interested intentions quickly got tangled in our politics as all too usual. Untendered, closed-door

contracts.

It was the greed of too many in the business community who saw the newcomers as cash cows to be milked instead of potential colleagues to be welcomed and mentored. And then, of course, the government refused to be transparent or accountable until the mess of its own making was beyond fixing.

Only about 300 of the program's 800 newcomers stayed, and many have nothing good to say about their \$130,000 "welcome to Nova Scotia" experience.

Friday's tentative settlement of a class-action lawsuit by the last 336 unsatisfied economic-stream immigrants puts a final, welcome coffin nail in a botched program the province shuttered in 2006.

But it doesn't change our desperate need for more immigrants. Thanks to Nova Scotia's declining birth rate, aging population, out-migration and lack of incomers, our current half-

million-strong labour force is expected, according to one study, to shrivel by 150,000 able bodies — 30 per cent — in the next 25 years.

By 2015, Nova Scotia will have reached the point at which "the availability of labour hits zero."

Immigration alone can't solve that elephant-in-the-room problem. But it will play an important role in any solution.

Which is why the current government's Welcome Home to Nova Scotia immigration strategy is welcome. Aiming to double our number of new immigrants to 7,200 each year by 2020, it focuses — finally — on identifying and targeting compatible newcomers, then matching their skills with community needs.

Nova Scotia's average farmer is 58 years old. Can we attract immigrant farmer-entrepreneurs?

What about temporary workers and international students who have already experienced Nova Scotia's charms? Can we make it easier for them to stay?

How about more easily confirming the credentials of those trained abroad? And welcoming family members of those already here?

Let's hope we've got our priorities straight this time. We probably won't get another chance to make a good first impression.



Register at
metropolitanpanel.ca
and take the quick poll

Has the royal visit changed your opinion of the monarchy?



Local tweets



► @andster3: hey bruins i am 11 year old andy and i was

just wondering when marchand was taking the cup to halifax. THANKS a lot

► @andster3: also can i have brad marchand's email address and for what email site to email him on. thanks again

► @DionRoy: Good morning Halifax! Nova Scotia is beautiful! I might not go back to the USA!

► @DmanRocks: @Metallica please add Harvester to your setlist for Halifax Will

be forever grateful. Love you guys can't wait till Thursday

► @wherechugo: Headed out to watch start of biannual Marblehead to Halifax race. Conditions look good for the journey. #Sail fast! #marbleheadtohalifax

► @Basha895: Another beautiful day in #Halifax — a little brunch @theold-triangle and some lounging on the Common = my kind of Sunday!

► @bitterbarbie891: Bridge Police are trapping on the MacKay Halifax Bound! It's a 50 zone people!!!

Worth mentioning

DVUR KRALOVE, Czech Republic. She's the last northern white rhinoceros on view anywhere in Europe — but zookeepers are hoping lonely Nabire will find solace with a southern rhino 11 years her senior.

Another northern white — Nesari — died here in her sleep in May at age 39, further reducing the world's dwindling population of the critically endangered animal.

To help her cope with the loss of Nesari, keepers have decided to team up 27-year-old Nabire with a new partner, 38-year-old male Natal. Natal is a southern white, another rhino subspecies.

They were seen snuggling, lazing in the sun and eating and sleeping in their enclosure late last week.

With rhino horns considered a cure for everything from colds and fevers to high blood pressure, impotence and other ailments, poachers have decimated rhino populations in Africa and elsewhere.

The northern white rhino is the most highly endangered mega-vertebrate on Earth.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Count your silverware if he stops by

An 11-year-old boy in Brazil's northeastern city of Mossoro is drawing attention with his purportedly magnet-like qualities.

The Globo TV network has broadcast images of Paulo David Amorim demonstrating how forks, knives, scissors, cooking pans, cameras and other metal objects seem drawn to his body and remain stuck on his chest, stomach and back.

The boy's father told Globo that he decided to test his son after learning of a boy in Croatia with a similar ability. Junior Amorim said he was surprised to find "a fork and knife stuck to his body."

The youth said classmates call him "magnet boy."

Dr. Dix-Sept Rosado Sobrinho told Globo it is the first time in his 30-year career that he has seen a case like this.



THE ASSOCIATED PRESS

Harry's spell lingers on

► An academic weighs in on the Potter cult

Thousands of Harry Potter fans are camped out at London's Trafalgar Square last week for a chance to see the premiere of the final Harry Potter movie. How did a book character manage to get such a following? Metro spoke with Michael Drout, Professor of English at Wheaton College and an expert on fantasy literature.

The Narnia series and the Lord of the Rings are excellent books. What makes people go gaga over Harry Potter?

Fantasy has become popular anyway, but the drawback with Tolkien and C.S. Lewis is that they take themselves too seriously. The fate of the universe is always at stake. J.K. Rowling took fantasy and inserted humour. She's also very good at creating characters. Her characters are not the cardboard characters you usually get in fantasy.

But why do people relate to Harry Potter?

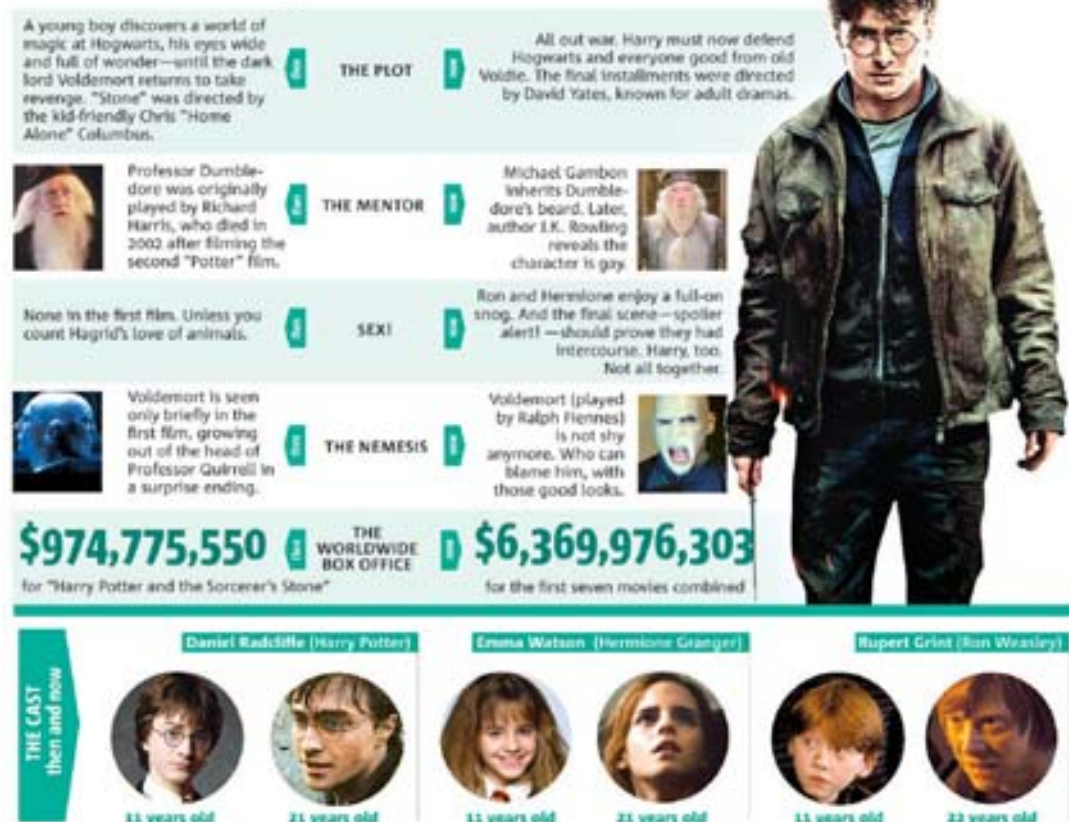
He's literally a Cinderella story, and he taps into the idea that anyone can be the most important person in the universe. He's also moral compass of sorts: he's loyal and he knows what's right and wrong. And like all fantasy, the Harry Potter books put readers into a position where they can change the world. Also, Rowling doesn't get enough credit for being a decent writer. **● METRO**



COURTESY WARNER BROS. P

► "Harry Potter has been a force for good," says Professor Michael Drout. "He has gotten young people reading and thinking about good and evil."

► Here's what's changed since The Sorcerer's Stone



Box office



According to studio estimates yesterday, Transformers: Dark of the Moon held the No. 1 spot again with \$47 million domestically in its second weekend. The Paramount Pictures blockbuster raised its total to \$261 million, shooting past The Hangover Part II to become the year's biggest domestic hit.

THE ASSOCIATED PRESS



Rick Rubin credits Adele's success to honest lyrics, talks about next Chili Peppers record



Android is a trademark of Google Inc.

Metro, Canada's first newspaper to really Android



DOWNLOAD THE NEW METRO APP FREE for your Android

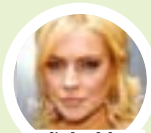


metro

Celebrity tweets



"is anyone else excited to see Horrible Bosses? coz i can't wait!!"



@lindsaylohan

@charliesheen



"Heading to the Insane Clown Posse's 12th Annual Gathering Of The Juggalos!! 8/13/11 WHY..? Cause I'm down with the clown. Whoop!! Whoop!!"

@CarrieFisher



"I now follow @simon-pegg everywhere he goes- I want you to know there's no funny stuff between us. He's a married man with children."

@JuddApatow



"Behind the music Missy Elliot. So good. Get yer freak on."

Beckhams have baby girl

David Beckham's spokesman said the soccer star's wife Victoria has given birth to a healthy baby girl Sunday.

Simon Oliveira said the celebrity couple is "delighted to announce the birth of their daughter."

"Happy and healthy she

arrived at 7.55 am this morning at Cedars Sinai hospital in Los Angeles and weighed 7lbs 10oz," Oliveira posted on Twitter, adding the Beckhams' three sons "are excited to welcome their baby sister to the family."

THE ASSOCIATED PRESS

Justin's bringing sexy back — well, at least for Jessica

► Rumour has it this very pretty pair are giving it another shot

While he's been making headlines with several famous beauties including Scarlett Johansson and Olivia Wilde since breaking up with Jessica Biel, Justin Timberlake reportedly isn't over his ex.

And sources tell Us Weekly that the pair, who split up after four years in March, are quietly giving their relationship another go.

"They have been talking the whole time and decided to give it another shot," a source says. "Jessica really wanted to get back together with him and Justin realized single life is not what it's cracked up to be."

● METRO



► Jessica Biel and Justin Timberlake dated for four years.



Kristen Stewart reportedly wants off the list of actresses being considered to play Casey Anthony in any movie about the recently acquitted Florida woman. "Her people are really annoyed about the Casey Anthony comparisons," a

source tells Us Weekly. "She would never for no amount of money portray that girl. It's grossing her out. All those entertainment shows are doing polls and what not and her people just want it to stop." ● METRO



STILL TIRED AFTER SLEEPING ALL NIGHT?

If you find yourself nodding off at work, driving or in front of the tv due to poor sleep - we can help!

Atlantic SLEEP APNEA SERVICES

Lower Sackville 864-6076 • Dartmouth 469-2550
Bridgewater 527-2333 • Truro 895-9357
www.atlanticsleepapnea.ca

YOU COULD WIN A RUN OF ENGAGEMENT PASS FOR TWO TO SEE



NOW PLAYING
WWW.HORRIBLEBOSSESMOVIE.COM

YOU COULD ALSO WIN AN XBOX 360 ARCADE GAMING SYSTEM!

To register and for full contest details visit clubmetro.com



► Eric Dane and Rebecca Gayheart

One on the way

Eric Dane and Rebecca Gayheart are expecting their second child, the couple confirms to People magazine.

Their first child, daughter Billie, was born in March 2010. And parenthood has done wonders for their relationship, Dane admits. "You know, I'm a hundred times more attracted to her now and I

love her exponentially more than I did before. It's just great to see her be a mother," he tells the magazine. Coincidentally, Celeb Rehab star Keri Ann Peniche, who infamously co-starred with the couple in a leaked sex tape in 2009, also announced that she's expecting a child, according to E! Online.

● METRO

Two speedy meals

► The authors of the cookbooks *Time for Dinner* and *The Sneaky Chef* provide three recipes to feed your family... naturally ► Skip the fast food and feel good about these choices

#1. Please-Everyone Pizzas

4 portions
Prep time:
15 min.
Total time:
45 min



► From *Time for Dinner* by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

Take orders from the kids before the food goes in the oven and you minimize potential tableside protests. By changing toppings every

few inches, this faster-than-Domino's version becomes a meal kids and adults can get excited about. Why not just order takeout? Because you're giving them a wholesome, healthy version of their favourite.

Ingredients:

- 2 tablespoons olive oil
- 1 sprinkle flour
- 1 12-to-16-ounce ball prepared pizza dough
- 1 small onion, chopped
- 1 large zucchini, shredded
- Salt and pepper
- 1 cup marinara sauce
- 1 ball fresh mozzarella, sliced into thin rounds

Preparation:

- 1 Preheat oven to 400 degrees F.
- 2 Brush half of the olive oil onto a large baking sheet and sprinkle it with flour.

- 3 Stretch the pizza dough into a 15-by-8-inch rectangle.
- 4 Sauté the onion and zucchini in the remaining olive oil until softened. Season with the salt and pepper.
- 5 Top part of the dough with the marinara sauce and fresh mozzarella, and part of it with your zucchini topping.
- 6 Bake pie until crust has browned and the cheese has melted, 25 to 30 minutes. Slice and serve.

#2. Masterful Mac 'n' Cheese

4 portions
Prep time:
20 min.
Total time:
35 min



► From *The Sneaky Chef* by Missy Chase Lapine

Preparation:

- 1 Preheat oven to 375 degrees F. Butter a 9-inch square baking pan.
- 2 Bring pot of salted water to boil over high heat. Add macaroni and cook according to the package directions, until firm and slightly undercooked. Drain; set aside.
- 3 In bowl, whisk milk with the White Puree and salt.
- 4 Put half of macaroni into baking pan and top

Ingredients:

- 1/2 pound macaroni
- 1 1/2 cups milk
- 1/4 to 1/2 cup White Puree (see below)
- 1/2 teaspoon salt
- 2 cups grated low-fat Colby or cheddar cheese

with half the cheddar (or Colby) cheese. Then layer with the rest of the macaroni, and pour milk mix over the top, finishing with the last of the cheese on top.

White Puree

- 2 cups cauliflower florets
 - 2 medium zucchini, peeled and roughly chopped
 - 1 teaspoon lemon juice
 - 3-4 tablespoons water
- Steam cauliflower in steamer over 2 inches of water, using tightly-covered pot, for 12 mins.
- Pulse raw peeled zucchini with lemon juice. Drain cooked cauliflower. Add it to pulsed zucchini in bowl of food processor with two tbsp of water. Puree until smooth. Stop occasionally and push contents from top to bottom. If necessary, add rest of water to make smooth puree.

3
life

You need this

GeoPalz pedometer

Your child is beautiful. But maybe he's also a little chubby. Get him going with this pedometer, which encourages walking by counting steps, which add up to "points" tradable for prizes.



• MWN

GEO PALZ

\$19.99, Geopalz.com



Estate planning for pets is easier than ever with how-tos, retirement homes.

La Cucina
CAFÉ - PIZZERIA & SPAGHETTI HOUSE

BUY FOR \$12

WagJag.com DEAL OF THE DAY!

52% Off Italian Fare

HIGHLIGHTS

- Authentic Italian cuisine made fresh every day
- Featuring a wide range of appetizers, pastas, pizzas, panini and more

Regular Price: \$25
You Save: \$13
Discount: **52%**

A unique salad combo

► Combining corn, tomato and melon may sound a little strange, but — when done right — it can be delicious ► The flavours balance each other

For Nate Appleman, a great salad is about creating balance. "That balance changes throughout the year and usually depends on what is in season and the weather outside," said Appleman, a star of Food Network's *The Next Iron Chef* and chef for Chipotle Mexican Grill.

His inspiration starts when shopping. "I pick one central ingredient and build from there, keeping in mind a balance of crisp, sweet, salty, and sour," he said.

Here he offers a salad of tomatoes, raw corn and cantaloupe dressed with a jalapeno vinaigrette.



MATTHEW MEAD / THE ASSOCIATED PRESS

► This salad takes 30 minutes to make and serves six.

Preparation:

1 Dressing: In blender, combine olive oil, vinegar, jalapeno and oregano. Purée until mostly smooth. Season with salt, then set aside.

2 To assemble, first stand each ear of corn on cutting board on wide end. Use knife to saw down cobs to remove kernels.

3 In large bowl, gently toss together corn ker-

nels, tomatoes, cantaloupe, radishes, cucumber and red onion. Drizzle dressing over salad, then toss again to coat evenly. Crumble feta cheese over salad.

THE ASSOCIATED PRESS

Ingredients:

Dressing

- 125 ml (1/2 cup) extra-virgin olive oil
- 50 ml (1/4 cup) red wine vinegar
- 2 jalapeno peppers (for less heat remove seeds)
- 10 ml (2 tsp) dried oregano
- Salt

Salad

- 2 ears corn
- 2 large tomatoes, cut into chunks
- 1 small cantaloupe, halved, seeded and scooped with a melon baller
- 1 bunch of radishes, sliced as thinly as possible
- 1 medium cucumber, peeled and halved, then seeded and sliced as thinly as possible
- 1 medium red onion, halved and sliced as thinly as possible
- 250 g (8 oz) feta cheese

Rose Reisman's Swap It

Chilled beverages and summer go hand in hand. Beware of drinking your calories when it's hot outside. Lattes often contain more than just milk and espresso!



GRANDE ICED PEPPERMINT WHITE CHOCOLATE MOCHA AND WHIPPED CREAM
520 CALS / 71 G SUGAR



WHITE CHOCOLATE AND WHIPPED CREAM ALWAYS INDICATE A RED FLAG FOR CALORIES, FAT AND SUGAR. THIS DRINK IS EQUIVALENT TO 10 NESTLÉ SKINNY COW MINI FUDGES IN SUGAR.

SWAP IT!

GRANDE ICED CINNAMON DOLCE LATTE NO WHIPPED CREAM
200 CALS / 32 G SUGAR

MADE WITH ESPRESSO, MILK AND DELICIOUS CINNAMON FLAVOURED SYRUP, WHO NEEDS THE WHIPPED CREAM AND CHOCOLATE?



FOR MORE, VISIT ROSEREISMAN.COM

THE DANGER OF NORWEX CLEANING PRODUCTS

I recently went to a Norwex party and was wondering if you had an opinion about Norwex microfiber cloths? *Laurel of Coquitlam, B.C.*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



There is an up- and down-side to microfiber cloth products.

The upside: they only need water to clean streaks, smudges, dirt and grime on glass, mirrors and stainless steel surfaces.

They are also easily washed and reused.

Good quality cloths last several years.

The downside: they are made from petrochemicals.

The polyester and polyamide fabric strands are 100 times finer than human hair.

That's what makes them so good at lifting

dirt, grease and dust without cleaning chemicals.

Problem is, they are made from a nonrenewable resource and do not biodegrade.

I don't believe they are recyclable either.

Points for reducing the use of toxic chemical

cleaners and eliminating the need for paper towels; strikes against for being made of petroleum-based products and for never going back to the Earth.

Ultimately, it's up to you.

One cloth may be a great addition to your

cleaning arsenal but don't forget you can also wash and reuse rags (from old t-shirts, sheets, etc.) or newspaper which can then be composted.



David
Suzuki
Foundation

SIDEWALK SALE
July 7th to 16th BARRINGTON PLACE SHOPS
1903 Barrington Street
902 429 3660 halifaxdevelopments.com

Man of action has Heaps of 'passion'

► Still going strong at 69, entrepreneur Frank Heaps has had his hand in beer, vodka and property development

TURNING POINT

TERESA KRUIZE
LIFE@METRONWS.CA



"I'm not good at sitting on beaches," Frank Heaps tells me from his Toronto office. "I'm going to develop them."

I learn that they are not idle words. Frank Heaps is a man of action and at the age of 69, his entrepreneurial spirit is still driving him forward.

Heaps pioneered the micro-brewing craze in Cana-



► Frank Heaps

da when he started Upper Canada Brewing Company in 1984.

"I quit my job, put a mortgage on the family home, wrote a business plan, raised capital and then struggled like hell for five years until it caught fire."

Heaps sold the success-

ful brewery 10 years later and thought about retirement.

"I tried watercolour, golf, bagpipe lessons, pottery classes — nothing ap-

pealed to me."

It was back to the beach and Heaps began developing a waterfront property in St. Lucia. He is also the current president of Ice-

berg Vodka in Canada.

"You've got to have passion. You also have to motivate yourself because if you can't do that, you're not going to motivate the

people around you."

Beer, vodka and offshore property development. I can hardly wait to see what Frank Heaps does next.

Heaps of advice

Frank Heaps on starting a new business

- Find something you're passionate about.
- Check out the competition.

- Do your research. Then write a spectacular business plan.
- Demonstrate to yourself and other people that you know what you're talking about.
- Get ready for a challenging ride.

Don't let your thumbs get in the way of your career

DREW HINSHAW
METRO WORLD NEWS
LIFE@METRONWS.CA

In the age of auto-spell check, it's tempting to thumb out double-time memos with no regard for the art of spelling. Still, career counsellors warn, your lack of SMS politeness could carry a cost.

"People are starting to move away from emails and are losing the art of putting together a complete couple of sentences," career coach Sue Thompson bemoans.

"But you need to consider to whom are you writing."

"It's all about building rapport," concurs Shirin Khamisa, founder of Careers By Design.

If your emails are responded to with snappish, unpunctuated replies — no "Hey, how are you," no "Nice to hear from you" —

then you might, she suggests, keep your correspondence curt.

"But if it's a person who has a more personal touch, then I would reciprocate," she adds.

"Those niceties are very important in building relationships, even online — and especially online — because we need that glue to hold us together."

Older workers, Thompson notes, can be made uncomfortable by an overload of web 3.0 abbreviations.

"Baby boomers are going to expect a fairly concise, but formal email," she says. And they'll likely place a greater importance on spelling, she adds. "Some people will really consider your spelling, whether you know the difference between your and you're and its and it's," she says.

"Just respect the person to whom you're writing. That's what etiquette is."

THE YOU DON'T HAVE TO KNOW SOMEONE AT

NISSAN

EMPLOYEE PRICING EVENT

NOW EXTENDED • WHILE SUPPLIES LAST

2011 ALTIMA

UP TO **\$8,500** IN EMPLOYEE PRICE DISCOUNTS

WELL-EQUIPPED WITH: 175-hp, 2.5-Litre DOHC engine, Xtronic CVT* • Power Sliding Glass Moonroof w/ Tilt Feature • 16" Alloy Wheels • Heated Cloth Seats • 8-Way Power Driver's Seat • Steering Wheel Mounted Audio Controls • Leather Wrapped Steering Wheel • Auto "UP/DOWN" Passenger Window (Front) • Remote Keyless Activated Front Window "Down" Feature

3.5 SR model shown*

2011 SENTRA

UP TO **\$5,300** IN EMPLOYEE PRICE DISCOUNTS

WELL-EQUIPPED WITH: 140-hp, 2.0-Litre DOHC engine, Xtronic CVT* • Air Conditioning • 16" Upgrade Alloy Wheels • Remote Keyless Entry System • Power Windows w/ Driver's Side "Auto UP/DOWN" Feature • Power Outside Mirrors • Heated Mirrors • 60/40 Split Folding Rear Bench Seat

2.0 SL model shown*

2011 VERSA

UP TO **\$4,400** IN EMPLOYEE PRICE DISCOUNTS

WELL-EQUIPPED WITH: Highest Horsepower in its Class (122-hp), 1.8-Litre DOHC engine • Most Rear Leg Room in its Class (36.6 in) • Air Conditioning • Remote Keyless Entry System • Power Heated Outside Mirrors • Power Windows w/ Driver Side Auto UP/DOWN Feature • Power Door Locks • 60/40 Split Folding Rear Seat • Nissan Advanced Six Airbag System • Up To 5.8 L/100 Km On Highway With Available Xtronic CVT*

1.8 SL model shown*

A NISSAN FOR EVERYONE.

DRIVING HIGHER STANDARDS

NISSAN HALIFAX DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484
WWW.OREGANSNISSAN.COM

VIEW OUR MOBILE SITE

Find us on Facebook

*FREIGHT-FOB INCLUDED. TAXES, FEES, REGISTRATION ADDITIONAL. SOME CONDITIONS APPLY. VISIT O'REGAN'S NISSAN FOR DETAILS. OFFERS END JULY 31ST.

4
sports

More Sports

Richard Dalton

The Halifax native earned a victory in the men's C-1 200 metres at the second set of Canadian sprint canoe-kayak team trials in Montreal yesterday. Dalton, who is hoping to medal at the world championships next month, posted a time of 39.993 seconds.

**Darren Doucette**

Dartmouth Moosehead Dry slugger Darren Doucette had a double and scored one run in Team Canada's 13-7 win over Team Bahamas at the World Baseball Challenge in Prince George, B.C., last night. Fellow Dry star Chris Head chipped in with a single.

- **Dix's 10.08-second 100-metre dash breaks new ground in Nova Scotia**
 ► **Clocks in at 0.2 faster than second-place runner Justyn Warner**



► Keisha Baker, centre, crosses the finish line in the women's 400 metres in front of Nova Scotians Adrienne Power, left, and Jenna Martin at the Aileen Meagher Track Classic at Huskies Stadium yesterday.

Bright skies, Quick Feet at the track meet



MATTHEW WUEST
HALIFAX@METRONEWS.CA

When Walter Dix arrived in Halifax amid a down-pour on Saturday, he wasn't exactly looking forward to racing in the Aileen Meagher Track Classic.

"It scared me a little," said the Olympic double bronze medallist. "We were just hoping it would go away — and it did. I'm glad it did."

With hot sun shining down on a bone-dry Huskies Stadium yesterday evening, the American star dazzled the crowd of about 600 with a scintillating 10.08-second finish in the 100-metre dash at Huskies



► Walter Dix

Stadium.

It was the fastest time ever recorded on Nova Scotia turf, setting both an Aileen Meagher record and a provincial open record.

"I feel like I had a great

run — I was very relaxed," said Dix, whose personal best of 9.88 seconds is not far off some of the world's all-time bests. "I had about a two-metre lead and it was a great run for me."

It was the Coral Springs, Fla., native's second trip to the Aileen Meagher. He also visited last year and said his appreciation for the efforts of meet director Kevin Heisler might have him "coming back the rest of my career."

The star locals in the event, Halifax's Adrienne Power and Bridgewater's Jenna Martin, took silver and bronze in the women's 400 metres, getting huge cheers from the home crowd. Keisha Baker of

Fairfield, Calif., took gold in 52.01 seconds.

Power, a 200-metre runner who is using the 400 to build endurance for the 2012 Summer Olympics, was pleased with her time of 52.65.

"For me to win races and beat the people I should be beating, I need to get more strategic," she said. "Today I ran a strategic race, and now I need to strengthen that strategy."

Martin, who is Canada's top-ranked 400 runner, was not particularly thrilled with her time of 52.96. But she considered the event itself a success.

The weather's good and it's a great home crowd," she said. "It's awesome."

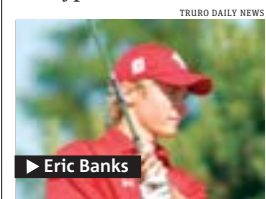
Teenager Banks wins men's golf amateur

Eric Banks was hoping he could win the Nova Scotia Golf Association men's amateur championship or earn a top-three finish and a trip to nationals.

But his victory, clinched on his home Truro Golf Club on Saturday by a stroke over Digby Pines' Eric Locke, held greater significance.

Banks became the first Truro golfer since 1961 to win the amateur and only the fourth junior-aged player to win Nova Scotia's top golfing prize.

"It feels really special," the 18-year-old Banks said with a beaming smile following the awards presentation. "I knew there was a lot of pressure put on me and I wanted to live up to the hype." **MATTHEW WUEST**



► Eric Banks

Sports in brief

Huskie shines for Canada

FOOTBALL. Saint Mary's Huskies star slotback Jahmeek Taylor made four catches for 37 yards in Canada's 45-10 victory over France at the IFAF senior world football championship in Graz, Austria, on Saturday. Canada faces host Austria today.

● **MATTHEW WUEST**

Tucker wins in Fredericton

AUTO RACING. Defending series champion Shawn Tucker of Fredericton, won the Parts For Trucks 100 at Speedway 660 in Fredericton on Saturday night. Maritime Pro Stock Tour leader Wayne Smith of Timbrierlea finished fifth.

● **MATTHEW WUEST**

Blue Jays on roll heading into break

► Toronto improves to two games below .500 ahead of All-Star Game

Three days after hitting their low point of the season, the Toronto Blue Jays are flying high going into the all-star break.

Jose Bautista's two-run double and six strong innings from Brett Cecil led Toronto to a 7-1 win over the Cleveland Indians yesterday. The Blue Jays took the last three games of the series after suffering a crushing 5-4 defeat in the opener on Thursday in which they couldn't hold a four-run lead and lost on Travis Hafner's walkoff grand slam.

Blue Jays manager John Farrell isn't surprised his team rebounded from a loss that would have sent many clubs into a tailspin.

"We do bounce back," he said. "We have the ability to put behind us what the previous day was, whether it was positive or negative. It speaks to the resiliency of this team and the attitude they carry onto the field."

The Blue Jays, who had 48 hits in the series, outslugged the Indians for an 11-7 win Friday. All-star Jose Bautista's 10th-inning home run gave Toronto a 5-4 victory Saturday and a five-run third inning, high-



BLUE JAYS



INDIANS

Romero an all-star

Blue Jays pitcher Ricky Romero is headed to baseball's all-star game.

► The left-hander was named as a replacement for Jon Lester of the Red Sox.

lighted by rookie Eric Thames' two-run homer, sparked yesterday's win.

"We played very well this series with the exception of Game 1 and what took place late," Farrell said.

Cecil (2-4) gave up one unearned run over six innings for his first win in three starts since being recalled from the minors June 30. The left-hander allowed six hits and walked three. **THE ASSOCIATED PRESS**

Sports in brief

Nova Scotian rows to gold

ROWING. Tracy Cameron of Shubenacadie, N.S., and Victoria's Lindsay Jennerich captured the women's lightweight doubles gold medal yesterday at the World Rowing Cup in Lucerne, Switzerland.

THE CANADIAN PRESS

U.S. moves on in cup classic

WOMEN'S WORLD CUP. Abby Wambach scored a thrilling goal to level the game at 2-2 in the 122nd minute and the Americans are moving on to the semifinals after beating Brazil on penalty kicks in one of the most exciting games ever at the Women's World Cup.

THE ASSOCIATED PRESS

Downhill. Battle



► The pack speeds down Massiac pass during the ninth stage of the Tour de France yesterday.

THE ASSOCIATED PRESS

Frenchman in lead after tour's ninth stage

Spain's Luis Leon Sanchez won the ninth stage of the Tour de France on a wild day of crashes while France's Thomas Voeckler finished second to take the overall lead from Norway's Thor Hushovd. Among those caught in the mayhem was defending champion Alberto Contador, who overcame another crash, banging his troublesome right knee after an early spill. Kazakh rider Alexandre Vinokourov, 37, ended his Tour de France career in dramatic fashion, bowing out of the race after breaking his right thigh in a high-speed crash.

INTERACTIVE
101.3 THE BOUNCE
NINE @9

FOR JULY 8TH

- Enrique Iglesias, Ne-Yo & Lil Wayne - Dirty Dancer
- Lady Gaga - The Edge Of Glory
- Classified - That Ain't Classy
- Jason Derulo - Don't Wanna Go Home
- Adele - Rolling In The Deep
- Bruno Mars - Lazy Song
- Nicki Minaj - Super Bass
- Katy Perry - Last Friday Night (TGIF)
- Pitbull ft Ne-Yo & Nayer - Give Me Everything

1013THEBOUNCE.COM

EASTLINKtv
presents
EASTLINK PREMIERSHIP
MONDAY NIGHT SOCCER

WOMEN'S

HALIFAX DUNBRACK SOCCER CLUB VS **SUBURBAN FC**

Halifax Dunbrack Suburban FC

Tonight at 6:30pm
Channel 10 in HRM

HELP WANTED

General Help

General Help

Gratie is seeking 5 sales reps to sell skin care products at Sunnyside Mall & Bedford Place Mall. \$11.60/hour Apply to: 6707696bedford1@gmail.com

carter's | OshKosh

babies and kids

Is Coming To Halifax!

For more than a century Carter's OshKosh has committed to offering quality stylish children's clothing and accessories. Carter's OshKosh Babies and Kids is excited to announce the opening of its newest location at the **Halifax Bayers Lake Centre, 212 Chain Lake Drive!**

Join our winning team and become a valuable member of our organization through your passion for retail, and dedication to customer service. Career opportunities include: Store Manager and All Sales positions. Please apply to: **Carter's OshKosh**
Attention Kim Re: Halifax
Fax: 519-624-5217 E-Mail: careers@cartersoshkosh.ca

Gratie is seeking a retail sales supervisor selling skin care products at Sunnyside Mall & Bedford place Mall. \$13.12/hr apply to: 6707696bedford1@gmail.com

Live in Nanny required \$10 for 40 hr work week for 1 toddler. Meals, internet, room provided. We comply with legal requirements. Please call 902-445-9694

Business Opportunities



GROW WITH JAN-PRO!

Come join the family of Jan-Pro entrepreneurs! We provide a supportive environment in which to develop your own successful business. No previous sales or cleaning exp. needed. Affordable initial investments available, starting at \$2500. Call 902-481-2100 & mention ad from Metro News or email norma.silverstein@jan-pro.ca

AUTOMOTIVE

Cars & Trucks for Sale



2006 VW Passat
2 Litre Turbo engine. Dealership maintained. VW 18 point inspection in May 2010. Warranty remaining. 6 speed manual. Traction control. 4 winters tires on rims included (one seasons use). Alloy rims-high performance all season tires also included. Leather/heated seats. PS, PW, PD. Sunroof/moonroof. Keyless entry. Grey-granite ext. Reliable/solid vehicle. No previous accidents/claims. Driven with care. **902-462-5814** for inquiries. Listed at \$13,995 OBO For more pics see Kijiji.ca

remaining. 6 speed manual. Traction control. 4 winters tires on rims included (one seasons use). Alloy rims-high performance all season tires also included. Leather/heated seats. PS, PW, PD. Sunroof/moonroof. Keyless entry. Grey-granite ext. Reliable/solid vehicle. No previous accidents/claims. Driven with care. **902-462-5814** for inquiries. Listed at \$13,995 OBO For more pics see Kijiji.ca

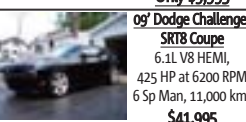
Cars & Trucks for Sale



05' Chevrolet Equinox
Loaded with Leather, Sunroof, AWD, V6 with Michelin Tires
Only \$9,995



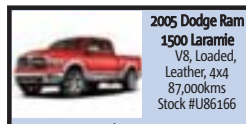
08' Mazda3 Hatchback
Loaded with Leather and Sunroof 5 Speed 4Cyl
Only \$9,995



09' Dodge Challenger SRT8 Coupe
6.1L V8 HEMI, 425 HP at 6200 RPM 6 Sp Man, 11,000 kms
\$41,995

AUTOMOTIVE

Cars & Trucks for Sale



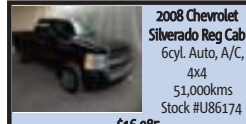
2005 Dodge Ram 1500 Laramie
V8, Loaded, Leather, 4x4 87,000kms Stock #U86166
\$17,985
AFM Motor **MART - 407-4200**



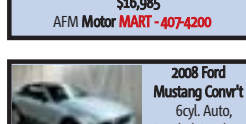
2007 Pontiac G5 Sedan
4cyl. 5spd, A/C, Cloth, 79,000kms Stock #U85952
\$8,985
AFM Motor **MART - 407-4200**



2008 Chevrolet Silverado Reg Cab
6cyl. Auto, A/C, 4x4 51,000kms Stock #U86174
\$16,985
AFM Motor **MART - 407-4200**



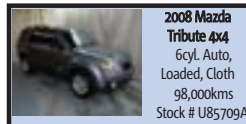
2008 Ford Mustang Conv't
6cyl. Auto, Loaded, Leather 33,000kms Stock #U86161
\$23,985
AFM Motor **MART - 407-4200**



2008 Hummer H3 Alpha
V8 Loaded, Leather, 4x4, Very rare, 50k kms Stock #U85535A
\$29,985
AFM Motor **MART - 407-4200**

Cars & Trucks for Sale

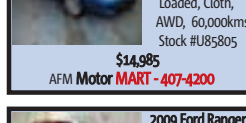
Cars & Trucks for Sale



2008 Mazda Tribute 4x4
6cyl. Auto, Loaded, Cloth 98,000kms Stock # U85709A
\$15,985
AFM Motor **MART - 407-4200**



2008 Subaru Impreza
4cyl. Auto, Loaded, Cloth, AWD, 60,000kms Stock #U85805
\$14,985
AFM Motor **MART - 407-4200**



2009 Ford Ranger Ext Cab
6cyl, Auto, A/C, 4x4, 115k kms Stock #U86139
\$15,985
AFM Motor **MART - 407-4200**

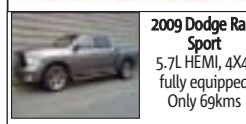


2009 Mazda3 sport
4cyl. Auto, Loaded, Leather, Sunroof, 61,000kms Stock #U86217
\$18,985
AFM Motor **MART - 407-4200**



2010 Ford Mustang Coupe
6cyl. 5 speed, Loaded, Cloth 13,000kms Stock #U86149
\$24,985
AFM Motor **MART - 407-4200**

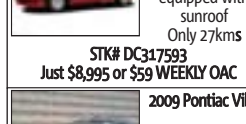
Cars & Trucks for Sale



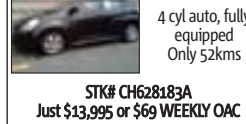
2009 Dodge Ram Sport
5.7L HEMI, 4X4, fully equipped Only 69kms
STK# 11RC2910AA
Just \$25,995 or \$115 WEEKLY OAC



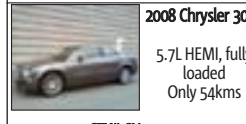
2006 Chrysler PT Cruiser
4 cyl auto, fully equipped with sunroof Only 27kms
STK# DC317593
Just \$8,995 or \$69 WEEKLY OAC



2009 Pontiac Vibe
4 cyl auto, fully equipped Only 52kms
STK# CH628183A
Just \$13,995 or \$69 WEEKLY OAC



2008 Chrysler 300C
5.7L HEMI, fully loaded Only 54kms
STK# CH201314
Just \$21,995 or \$99 WEEKLY OAC



2008 Jeep Liberty North Edition
3.7L, auto, 4X4, fully equipped Only 19kms
STK# CH11210
Just \$19,995 or \$89 WEEKLY OAC



2007 Liberty Sport
3.7L, auto, 4X4, fully equipped Only 49 kms
STK# CH557322
Just \$15,995 or \$89 WEEKLY OAC

PETS

Dogs

CAVELIER KING CHARLES SPANIEL PUPS needed,dewormed, vet checked & healthy. 3 - 6 mos - \$400 each, trained. 4 - 3 mos - \$900 each. 1 - 8 mos/ male \$400. 2 females - 3 yr/ 5 yrs. 1 male 3 1/2 years all to be fixed. 1 Westie-male for breeding - \$500. 2 shih-tzu's, 1 male, 1 female for breeding selling together \$1000. **902-765-0885**

PERSONALS

Business Personals

Smokers QUIT NOW!
BEST NON drug, world proven therapy. Soft Laser heals nicotine cravings - Get your breathe back now! **HFV 452-3138**

HEALTH & BEAUTY

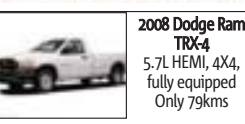
Fitness

Want to shed weight & inches while having FUN? Ladies are welcome to join Halifax Booty Camp full of music & laughter. Limited space - join at www.BootyCampFitness.com

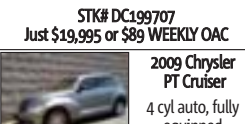
Cars & Trucks for Sale



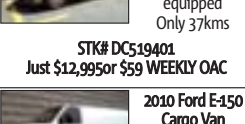
2008 Dodge Ram TRX-4
5.7L HEMI, 4X4, fully equipped Only 79kms
STK# DC199707
Just \$19,995 or \$89 WEEKLY OAC



2009 Chrysler PT Cruiser
4 cyl auto, fully equipped Only 37kms
STK# DC519401
Just \$12,995 or \$59 WEEKLY OAC



2010 Ford F-150 Cargo Van
Only 20kms
STK# CH312175A
Just \$22,995 or \$89 WEEKLY OAC



2010 Dodge Grand Caravan
3.3L, auto, fully equipped with Stow N' Go Only 35kms
STK# DC325724
Just \$20,995 or \$89 WEEKLY OAC



2007 Liberty Sport
3.7L, auto, 4X4, fully equipped Only 49 kms
STK# CH557322
Just \$15,995 or \$89 WEEKLY OAC

HOUSEHOLD SERVICES

General Services

HEAD LICE REMOVAL SERVICES
Pesticide Free Products•Confidential Franchises Available
1-888-LICE SQUAD•WWW.LICESQUAD.COM

PAINTING SERVICES-Over 20 years exp. From fine detail trim, very straight lines, rolling and spraying. Free Estimates. Fully Insured. **902-981-5651 902-495-9491**

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767



Quality Plush/Berber Will do LR & Hall fr \$389. Carpet pad & install included (25yrs) Phil, (902) 444-4766

Trades

ADANAC CONSTRUCTION Free Estimates! Carpentry, Siding, Windows, Doors, Decks and Floors. We build Sheds, Garages etc... **FULLY INSURED** Call Stephen at 469-0536



Paving Special
50% off if you book now!

TREE CUTTING SERVICES - Over 20 years exp. Full tree removal, limbing, pruning and chipping. Free estimates. Senior discounts. Fully Insured. **981-5651 or 495-9491**

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Landscapers/Gardening



Give yourself more free time!
• Landscaping
• Snow Removal (Book early get 10% off)
• Fall Cleanups

Neat Lawn Care
403-1408 • www.neatlawn.ca
chrislitt@neatlawn.ca

General Services

Trades

WANTED



AREA STIMULATION PROGRAM: 7 homes in Nova Scotia market area will be given the opportunity of having the Interlock® Roofing System installed on their home at substantial savings in return for helping us create market awareness for the purpose of neighborhood product visibility.

Interlock Roofing Systems are of interest to homeowners across North America who want a durable and beautiful roofing solution. Interlock needs to quickly find new areas to feature the Interlock Roofing System and is prepared to offer substantial savings to the next 7 homeowners that qualify.

Orders will be discounted on a first come first served basis. Interlock Roofing Systems are environmentally safe, come in many styles and colors, and are backed by a **Lifetime Limited Warranty**, 50 Year Transferable Non-ProRated, Maritime Permanent Roofing Ltd. is one of Nova Scotia's largest installers of metal roofing systems. Tens of thousands of satisfied homeowners across North America will never re-roof again with Interlock Roofing System. 100% Financing Available. Please call immediately if you are thinking of re-roofing, as this is a limited time offer.

1-877-446-4407

1-902-864-0700

MaritimeMetalRoofing.com

Junk Removal

TIME TO TOSS IT

Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

Does your parrot talk too much?

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767



General Services



PAVE YOUR DRIVEWAY & SAVE!!

- We Build New Driveways
- We Repair Cracks & Pot Holes
- We Recast Driveways
- We Build Gravel Driveways
- We Spray Seal Driveways
- All Work Guaranteed

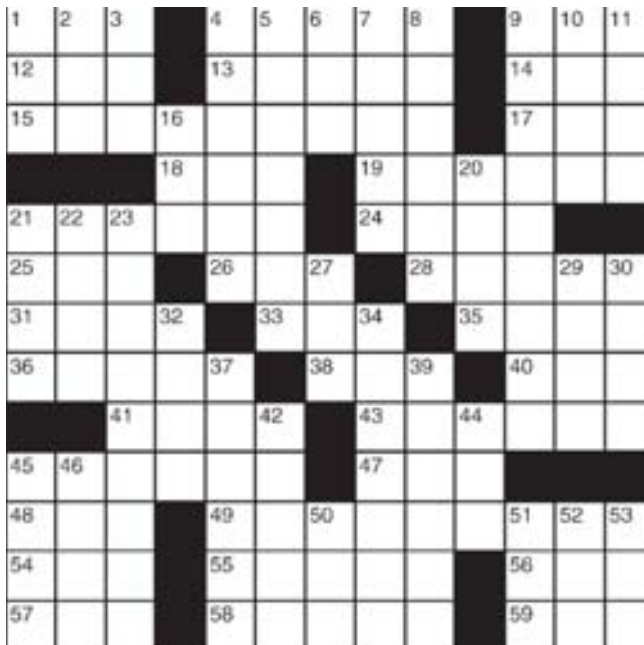
FREE ESTIMATES
471-7277
SERVING ALL OF HAM • www.PatchworksPaving.ca 4019040

Crossword

Across

- 1 Letterman's net-work
4 Agreed
9 Make up your mind
12 Luau serving
13 Reserved
14 Actress Myrna
15 Prankster's shout
17 Bankbook abbr.
18 "Sprechen — Deutsch?"
19 Isn't honest with
21 Zero
24 Apple computer
25 Fuss
26 Explosive letters
28 Set of moral rules
31 Kittenish calls
33 Rowing need
35 Slugger Sammy
36 Hammerhead parts
38 Society newcomer
40 "— the fields we go"
41 Some reddish deer
43 Chopped down
45 Islamic decree (Var.)
47 Swiss canton
48 Past
49 Foul play
54 Twosome
55 Bay window
56 Genetic stuff
57 Moray, for one
58 Lipstick alternative
59 Morning moisture

- Down
1 Tax pro, for short
2 Jazz style
3 Knight's address
4 Illinois city
5 Raging fire
6 Life story
7 Food-poisoning bacteria
8 Remove calcium from
9 Traditional
10 Versifier
11 Glitch in print
16 Somewhat (Suff.)
20 Dines
21 Bivouac
22 Notion, in Nantes
23 Nail gun, e.g.
27 Young fellow
29 "Got it"



- 5 Raging fire
6 Life story
7 Food-poisoning bacteria
8 Remove calcium from
9 Traditional
10 Versifier
11 Glitch in print
16 Somewhat (Suff.)
20 Dines
21 Bivouac
22 Notion, in Nantes
23 Nail gun, e.g.
27 Young fellow
29 "Got it"

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's answer ►



Today's horoscope

♈ Aries March 21-April 20
You are advised to give your feelings free rein today.

♉ Taurus April 21-May 21 You are in two minds about how to deal with someone who has let you down.

♊ Gemini May 22-June 21 Be warned: if you fall out with important people it could cost you dear.

♋ Cancer June 22-July 22 Any-one who stands between you and your objective today is going to wish they had been a little less brave

♌ Leo July 23-Aug. 23 You may feel sorry for a friend who is in trouble but they don't need your sympathy

♍ Virgo Aug. 24-Sept. 22 A partner or loved one has behaved badly towards you but you must not behave badly in return

♎ Libra Sept. 23-Oct. 23 The only way to get what you want today is to give a partner or colleague what they want first

♏ Scorpio Oct. 24-Nov. 22 Everyone will be impressed by your leadership qualities today

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Your financial situation may not be as healthy as you would wish but neither is it the end of the world

♑ Capricorn Dec. 22-Jan. 20 Affairs of the heart will take center stage

♒ Aquarius Jan. 21-Feb. 18 If you need to tackle problems of a financial nature now is the time to get serious about it

♓ Pisces Feb. 19-March 20. Few people have the courage to stand up to you, but that is not an invitation to trample on their feelings

Caption contest



"I really hate it when they bathe me while I am asleep"

VIPIN

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tanochie, Wishing you a very happy birthday today! 5 more weeks until we become one, and I can't wait! I love you today, more than yesterday, but not more than tomorrow!

FROM YOUR FUTURE HUSBAND
LINNIE

Red&BlackCheckedShirt Take care; fait attention. Personnes noire nous regardez. I am happy. I feel good. I am ok. I miss you. Goodnight. Big hug! xo

FROM YOURSHYGIRL

Someone needs a doctor Pls get yrself checked or stop playing with emotions - whichever is applicable. There r plenty of good docs out there. GO!

FROM FREE ADVICE,



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable

Ottawa **\$69** one-way from + taxes & fees \$63
St John's **\$90** one-way from + taxes & fees \$66

INCLUDES roundtrip air.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex. Halifax. Air only prices are per person for return travel unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!



RIGHT NOW GET
0% 84 *and*
FINANCING FOR UP TO MONTHS



THE 2012 ACCENTS ARE HERE

2012 ACCENT SEDAN
STARTING FROM **\$13,199** OR **\$83** B/W

2012 ACCENT HATCHBACK
STARTING FROM **\$13,599** OR **\$85** B/W



OREGAN'S
DRIVING HIGHER STANDARDS

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
465-7500 • oreganshyundai.dartmouth.com

*See dealer for full details.